## ABSTRACT

The present invention discloses a radio communication method or the like, which contributes to the improvement of data transmission efficiency in a radio communication based on TDMA system (in particular, radio communication in accordance with IEEE Std. 802.11) by providing idle time between the data transmitted and received by radio communication terminals on a radio section. In the radio communication between radio communication terminals, data transmission efficiency is improved by reducing transmission time of header added to the data or by reducing idle time. More concretely, header is added to the data for each predetermined data transmission, for instance, and by transmitting the other data without header added to it, transmission time of header is reduced. Also, data transmission efficiency is improved by carrying out methods such as a method to acquire header of the data on radio section in advance, a method to utilize identification information as the header, and a method to transmit continuous data by reducing IFS (InterFrame Space) after Ack (receiving acknowledgment information).